

## The Research

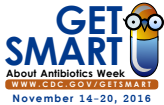
Scientists are studying and uncovering links between the microbiome and immune system development as well as function, moods, allergies, autoimmune diseases, digestion, blood clotting and much more.

Exciting research is being done right here in Western New York to unlock the mysteries of the microbiome. To learn more, find UB GEM online!

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CDC: [www.cdc.gov/getsmart/community](http://www.cdc.gov/getsmart/community)

These messages are brought to you by the University at Buffalo Genome, Environment and Microbiome Community of Excellence.



### Sources:

Blaser, MD, Martin J. Missing Microbes: How the Overuse of Antibiotics Is Fueling Our Modern Plagues (2014). New York, NY: Picador.

American Microbiome Institute Website (2016). [www.microbiomeinstitute.org/humanmicrobiome](http://www.microbiomeinstitute.org/humanmicrobiome)

American Museum of Natural History, "The Secret World Inside You" (2016). [www.amnh.org/exhibitions/the-secret-world-inside-you/promos/the-secret-world-inside-you-for-educators/health-and-our-microbiome](http://www.amnh.org/exhibitions/the-secret-world-inside-you/promos/the-secret-world-inside-you-for-educators/health-and-our-microbiome)

# Mind Your Microbiome & Get Smart About Antibiotics!

# READ THIS IMPORTANT INFORMATION



## Antibiotics Kill Bacteria

—both the bad kind that make you sick, and the good kind that help your body! If you have a viral illness, antibiotics will not help you get well.

### How should I take my antibiotic?

1. Take it exactly how your doctor or pharmacist tells you.
2. Finish the prescription even if you start to feel better and do not save for later.
3. Do not skip doses.
4. Do not share medication with others.

### Why is this important?

Taking an antibiotic the wrong way can make infections stronger and harder to treat. Just one course of an antibiotic can have a lasting impact on your microbiome, and possibly your health. That is why antibiotics should only be taken to treat bacterial illness.



### All About the Microbiome

Your microbiome consists of all of the microbes, including bacteria, that live in and on your body—most of these are in your gastrointestinal system and help you digest food.

Being colonized by bacteria is very different from being infected by bacteria.

Your body must maintain a healthy balance of bacteria colonies for you to survive!

#### Fun Fact

A full 5 pounds of your body weight is composed of your microbes!